

PATENTED ADJUSTABLE FLUID RESISTANCE

**FLUID
POWER
ZONE**



Unique Feature Matrix

	Health & Fitness Studios & Clubs	Corporate Fitness & Wellness	Athletics Sports & Club	Hospitality Fitness Studio	Active Ageing Older Adults	CrossFit & HIIT Studios	Rehab & Physical Therapy Centre
FluidPowerZone machines have no eccentric load allowing for higher workout volume and higher intensity of training with less recovery time and reduced risk of injury.	✓	✓	✓	✓	✓	✓	✓
FluidPowerZone machines allow total control over the speed of movement, resistance and range of motion, offering excellent application for sport specificity, functional training and targeted rehabilitation.	✓	✓	✓	✓	✓	✓	✓
FluidPowerZones patented fluid resistance ensures peak power through the ENTIRE range of motion (ROM), regardless of bio-mechanical position, muscular fatigue or individual ability.	✓	✓	✓	✓		✓	
FluidPowerZone machines provide concentric only resistance at low starting levels with easy to adjust small increments.	✓	✓		✓	✓		✓
Concentric phase power training can supplement traditional strength training in compound and superset form.	✓	✓	✓	✓		✓	
Concentric fluid power training is perfect for teaching and reinforcing proper pattern recruitment, for novice and expert weightlifter alike.	✓	✓	✓	✓	✓	✓	✓
The FluidPowerZone circuit is practically infinite in its programmability, fom 3-piece mini circuits with a strength or endurance bias, to integrated circuits involving supplemental activities.	✓	✓	✓	✓	✓	✓	✓
A complete six piece FluidPowerZone circuit stands alone with no electrical requirements. The footprint is small and moveable, the adjustments are fast and effortless. There is no weight plates to stack or move so the training environment stays safer, clean and clear.	✓	✓	✓	✓	✓	✓	✓